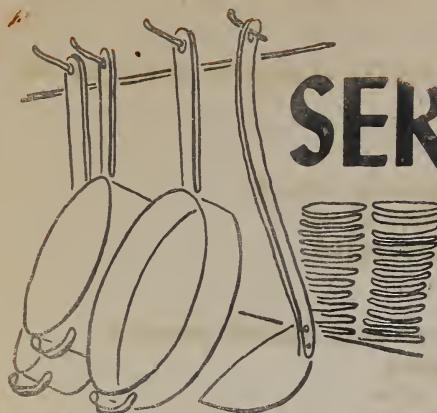


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# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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Beginning with this issue, 15 menus will be presented each month for luncheon specials for industrial workers. These menus are planned to provide about one-third of the day's recommended dietary allowance for a moderately active man. The menus, featuring foods in abundant supply, are planned to utilize the available ration point allowance per meal. The food combinations are selected so that the meals can be sold at a moderate price.

## The Menu Pattern

Menus for the luncheon special have been planned to include a protein-rich main dish, potatoes or cereal products like noodles or rice, a green or yellow vegetable or a salad, or a red or white vegetable with a fresh fruit or vegetable salad or relish, bread with butter or margarine fortified with vitamin A, a dessert, and milk.

## Size of Portions

It is important that the size of the food portions should be adequate to provide at least 1,000 calories and one-third of the day's nutritive requirements. Therefore, food served on the luncheon special should be apportioned as follows:

<u>Kind of Food</u>	<u>Quantity</u>
Roasted meats .....	3 to 3-1/2 ounces, cooked weight
Braised and fried meats .....	4 ounces or more, cooked weight
Fish .....	4 ounces or more, cooked weight
Eggs .....	1 or more
Meat extender dishes .....	6 ounces -- or more if gravy or sauce is included.
Meat alternate dishes .....	6 to 8 ounces
Potatoes .....	4 ounces
Cooked vegetables .....	3-1/2 to 4 ounces (about 1/2 cup)
Chopped and diced salads ...	4 ounces (about 1/2 cup)
Bread .....	2 slices or more
Puddings .....	4 ounces (about 1/2 cup)
Pies .....	1/6 or 1/7 of 9-inch pie
Cake .....	2-inch square, or the equivalent
Milk .....	8 ounces

### Fitting the Luncheon Special Into the Cafeteria Menu

The luncheon special can be fitted readily into the regular cafeteria menu, as for example:

#### Appetizers and Soup

Tomato juice  
Scotch broth and barley

#### Salads

Tossed vegetable salad  
Jellied fruit salad  
Head lettuce salad

#### Entrees

Roast beef  
\*Meat pie  
Baked beans

#### Desserts

\*Soft custard with sliced oranges  
Baked custard  
Chocolate cake  
Fresh apple pie

#### Vegetables

Mashed potatoes  
\*Steamed new potatoes  
\*Creole cabbage  
Green peas  
Carrot strips

#### Beverages

Coffee  
Tea  
\*Milk

\*The starred items on the regular menu are combined into the luncheon special, as follows:

Meat pie with carrots and onions  
Steamed new potatoes  
Creole cabbage  
Whole-wheat rolls with butter or fortified margarine  
Soft custard with sliced oranges  
Milk

#### Using Abundant Foods

The menus given this month feature three foods in abundant supply -- cabbage, carrots, and oranges. Cabbage and carrots lend themselves to many uses, both as cooked vegetables and in salads. Oranges not only give a zestful flavor and an attractive color to a meal but contribute vitamin C which is often present in too small amounts in workers' diets.

#### Menus for the Luncheon Special

- |  |                               |
|--|-------------------------------|
| 1. Meat pie with carrots and onions 1/ | 2. Spanish omelet             |
| Steamed new potatoes                   | Baked potato                  |
| Creole cabbage                         | Green beans                   |
| Whole-wheat rolls with butter or       | Enriched bread with butter or |
| fortified margarine                    | fortified margarine           |
| Soft custard with diced oranges        | Frosted cup cake              |
| Milk                                   | Milk                          |

1/ Recipe on page 14 of "Making the Most of Meats in Industrial Feeding." For a copy, write the Regional Office of the War Food Administration, Western Union Building, Atlanta 3, Georgia.

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|--|--|
| 3. Braised lamb breast   | 4. Baked beans with salt pork                        |
| Mashed potatoes  | Browned parsnips                                     |
| Spinach or other greens  | Shredded cabbage and carrot salad                    |
| Pickled beets  | Brown bread with butter or fortified margarine       |
| Whole-wheat bread with butter or fortified margarine               | Apple Betty  |
| Deep-dish cherry pie   | Milk   |
| 5. Baked fish fillets with lemon sauce                             | 6. Roast pork shoulder with dressing                 |
| Parsleyed potatoes   | Oven-brown potatoes, with gravy                      |
| Broccoli   | Glazed carrots                                       |
| Enriched rolls with butter or fortified margarine                  | Enriched bread with butter or fortified margarine    |
| Warm gingerbread topped with apple butter                          | Sliced oranges with shredded coconut                 |
| Milk   | Milk   |
| 7. Chicken fricassee   | 8. Braised liver                                     |
| Steamed rice   | Scalloped potatoes                                   |
| Green peas   | Lettuce and tomato salad                             |
| Head lettuce with Thousand Island dressing                         | Whole-wheat bread with butter or fortified margarine |
| Enriched baking powder biscuits with butter or fortified margarine | Plain cake with orange filling                       |
| Chocolate ice cream  | Milk   |
| Milk   |  |
| 9. Hungarian goulash with noodles                                  | 10. Baked lima beans à la cre'ole, with bacon        |
| Green beans  | Buttered broccoli                                    |
| Cabbage and green pepper salad                                     | Apple, carrot, and raisin salad                      |
| Enriched bread with butter or fortified margarine                  | Whole-wheat bread with butter or fortified margarine |
| Baked custard with maple syrup                                     | Chocolate pudding                                    |
| Milk   | Milk   |
| 11. Beef tongue with spiced crab-apple                             | 12. Pan fried fish with lemon                        |
| Parsleyed potatoes   | Creamed new potatoes                                 |
| Sliced carrots   | Fresh lima beans                                     |
| Enriched rolls with butter or fortified margarine                  | Corn bread with butter or fortified margarine        |
| Orange rice pudding  | Blueberry pie  |
| Milk   | Milk   |
| 13. Porcupine meat balls 2/  | 14. Pot roast of beef with gravy                     |
| Hashed brown potatoes  | Oven-brown potatoes                                  |
| Cooked green cabbage   | Parsleyed cauliflower                                |
| Enriched bread with butter or fortified margarine                  | Sliced orange salad with endive                      |
| Jellied fruit  | Enriched rolls with butter or fortified margarine    |
| Milk   | Strawberry ice cream                                 |
|  | Milk   |

15. Stuffed flank steak  
 Mashed potatoes  
 Green vegetable salad  
 Enriched bread with butter or fortified  
 margarine  
 Applesauce cake  
 Milk

RECIPES

Creole Cabbage

<u>Ingredients</u>	<u>Amount for 100 Portions</u>
Cabbage, shredded .....	24 pounds
Salt .....	4 ounces
Onions, sliced .....	2 quarts
Fat .....	1 pound
Tomatoes, canned .....	2 gallons
Green peppers, chopped .....	8 ounces
Gloves, whole .....	20
Bay leaves .....	8

Size of portion - 4 ounces.

Cook the shredded cabbage in a small amount of boiling salted water until tender. Simmer the sliced onions and chopped peppers in the fat for about 5 minutes, add to the tomatoes and spices and cook an additional 10 minutes. Drain the cabbage, add the tomato sauce and toss lightly together.

Stuffed Flank Steak

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Flank steak .....	25 pounds
Bread crumbs, dry .....	4 pounds
Hot water .....	3 cups
Onions, chopped fine .....	6 pounds
Eggs .....	16
Poultry seasoning .....	1/4 cup
Fat .....	1 pound
Flour, for dredging .....	1 pound
Salt .....	4 ounces

Size of portion - 3 ounces of meat.

Wipe steak with damp cloth and score.

Mix bread, water, onions, eggs, and poultry seasoning together.

Spread stuffing over steak and roll like a jelly roll. Tie securely.

Dredge the rolled steaks in the salted flour.

Sear in hot fat, turning frequently until brown on all sides.

Place in covered baking pan, and cook at 350° F. for 1-1/2 hours or until tender.

